

Montgomery County
Department of Health and Human Services
Aging and Disability Services

Community Support Network News

FOURTH ANNUAL MONTGOMERY COUNTY HOUSING FAIR

The Montgomery County Department of Housing and Community Affairs in partnership with the Housing Fair Planning Committee will be hosting the Fourth Annual



Montgomery County Housing Fair on Saturday October 2, 2004. The fair will be held at the Activity Center at Bohrer Park, Summit Hall Farm, 506 South Frederick Avenue in Gaithersburg, Maryland. The fair will be opened to the public from 10 a.m. to 4 p.m.

Private sector, non profit, and government agencies will be on exhibit. In addition, the fair will be highlighting workshops on housing related topics like: Credit Counseling, Buying/Refinancing a Home, Housing Programs and Services, and Avoiding Scams Targeting Seniors Age 50+.

For more information on attending the fair or becoming an exhibitor, call Gladys Kaplan at 240-777-3603.

WORLD OF POSSIBILITIES DISABILITIES EXPO 2004

Caring Communities returns to the metropolitan area on Friday October 22nd, Saturday October 23rd, and Sunday October 24th for the World of Possibilities Disabilities Expo. The Expo educates, informs and provides a useful exchange of ideas for persons with disabilities, their families, healthcare and education professionals. The Expo is free of charge to the public and features workshops, exhibitors, and free products.

For more information, contact Caring Communities at 410-549-5707 or toll free at 1-866-227-4644. To visit their website, log onto www. caringcommunities.org.

COMMUNITY SUPPORT NETWORK LETTER IS ON THE WEB!

NEWS-



The Community Support Network Newsletter is now accessible via the internet. Just visit: http://www.montgomerycountymd.gov/cittmpl.asp?url=/content/hhs/ads/disability/CommSupportNetwork.asp to see the most current issue of the Community Support Network Newsletter.

Autumn 2004

Inside this issue:

Calendar of Events	2-3
Resource Information	4
"A Tale of Two Brothers"	5
"Assistive Technology and Service Dogs"	6
Emergency Preparedness National Caregiver's Month	7
Special Education Resources	8-9
Educational Seminar Information	10



Helping to Make Your Community Links



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CALENDAR OF EVENTS

OCTOBER



2 Taste of Bethesda

15th annual food and music festival featuring more than 50 restaurants and four stages of entertainment. Norfolk, Fairmont, St. Elmo, Cordell & Del Ray Avenues, Bethesda, 11am-4pm, H, 301-215-6660, www.bethesda.org

2 Germantown Oktoberfest

Live German music, dance, food, crafts, children's activities and much more. Location TBA, Germantown, 10am-5pm, H, 240-777-8000, www.montgomerycountymd.gov

2 Harvest Festival

Celebrate the autumn harvest "down on the farm" and enjoy live entertainment, old-time games, unique crafts, farm demonstrations and more! Agricultural History Farm Park, Derwood, 11am-4 pm, \$, 301-924-4141, www.mncppc.org

2-3,9-10,16-17, 23-24, 30-31 24th Annual Pumpkin Festival

Choose your pumpkin, take a hayride, jump in the hayloft barn, navigate the straw maze, Pumpkinland characters, hand-dipped caramel apples, crafts, food and more! Butler's Orchard, Germantown, 10am-5:30pm, \$, 301-972-3299

6 25th Annual Olney Chamber of Commerce Community Night & Taste of Olney

Exhibits, displays, information, raffles, delicious food, silent auction, door prizes, giveaways, face painting, balloons. Longwood Recreation Center, Brookeville, 5pm-8:30pm, H, 301-924-3555, www.olneymd.org

8-10 Sugarloaf Crafts Festival

This exciting show features the collective creativity of more than 450 participating fine artists and craft designers from across the country. Montgomery County Fairgrounds, Gaithersburg, 10am-6pm, \$, H, 800-210-9900, www.sugarloafcrafts.com

9 Magical Montgomery

Over 100 booths showcase Montgomery County's arts, humanities and cultural organizations through music, arts, crafts, demonstrations, dance, theatrical performances, activities for children and adults. Fenton Street, Silver Spring, Noon-5pm, H, 301-215-7227, www.creativemoco.com

10 Comcast Family Toon Day

Family arts festival with music and toons! Strathmore, North Bethesda, 11am-4pm, H, 301-301-530-0540, www.strathmore. org

29 In Search of Ghosts

Go in search of county ghostlore at this eerie evening of storytelling. Beall-Dawson House, Rockville, Tours at 7:15pm, 7:30pm, 7:45pm & 8pm, \$, 301-762-1492, www.montgomeryhistory.org



NOVEMBER



1-28 Annual Chrysanthemum Display

This annual indoor display fills the conservatories with a variety of unique and unusual chrysanthemums trained in a multitude of forms. Brookside Gardens Conservatories, Wheaton, 10am-5pm, H, 301-962-1400, www.brooksidegardens.org

6 Maryland Emancipation Day Celebration

A celebration of the day that slaves were freed in Maryland, re-enactors, gospels singers and tours of a slave cabin. Oakley Cabin, Brookeville, Noon-4pm, H*, 301-258-4044, www.montgomeryparksfnd.org

13-12/24 The Life and Adventures of S. Claus at Lakeforest

Enjoy the magic of the holidays with a visit to Santa and his globe-trekking friends, free gift for all visitors while supplies last. Lakeforest Mall, Gaithersburg, Mall hours, H, 301-840-5840, www.shoplakeforest.com

14 Marathon in the Parks

More than 1,000 top runners compete on this certified 26.2 mile course, including 20 miles of beautiful parkland. Shady Grove Metro Station, Gaithersburg, 7am, \$, 301-767-0002, www.marathonintheparks.com

19-1/9/05 Garden of Lights Winter Walk Light Display

Illuminated outdoor winter garden walk that electrifies the landscape with over 600,000 lights, indoor gift shop, musical performances and refreshments. Brookside Gardens, Wheaton, 5:30pm-9pm, \$, H, 301-962-1453, www.brooksidegardens.org

20 Thanksgiving Parade

Marching bands, old cars, dogs and much, much more! Georgia Avenue to Fenton Street & Ellsworth Drive, Silver Spring, 10am-Noon, H, 301-565-7300, www.montgomerycountymd.gov



DECEMBER



1-31 Winter Lights

A 3.5-mile drive-through holiday light show in an enchanted forest setting, featuring more than 350 displays with 60 animated displays. Seneca Creek State Park, Gaithersburg, Sundays-Thursdays 6pm-9pm, Fridays & Saturdays 6pm-10pm, \$, H, 301-258-6350, www.ci.gaithersburg.md.us

1-1/2/05 Festival of Lights

Over 300,000 lights, live nativity, international crèche display, twenty Christmas trees, different musical programs each night in 544-seat theater. Washington DC Temple Visitors' Center, Kensington, 10am-10pm, H, 301-587-0144, www.washingtonLDS.org

4-5, 11-12, 18-19 Holly Trolleyfest

Ride with Santa on the street cars and see toy trains in operation. National Capital Trolley Museum, Colesville, 5pm-9pm, H*, 301-384-6088, www.dctrolley.org

4,11 Bethesda's Winter Wonderland

Enjoy holiday entertainment from local schools and community groups, and a visit from Santa Claus! Veterans Park, Norfolk & Woodmont Avenues, Bethesda, 1pm-3pm, H, 301-215-6660, www.bethesda.org

5 Tree Lighting at Waters House

Santa arrives in his horse-drawn wagon at this annual holiday event. Waters House at Pleasant Fields, Germantown, 4:30pm-6pm, H, 301-515-2887, www.montgomeryhistory.org

11-12 Christmas on the Farm

The farmhouse will be filled with organ music and Christmas carolers, hot cider, gingersnap cookies, homemade gifts for sale, wagon rides and candlelight tractor hayrides. Agricultural History Farm Park, Derwood, Noon-8pm, H*, 301-670-4661, www.montgomeryparksfnd.org

NEXT STEPS ANNOUNCES WORKSHOPS ON TRANSITION FROM SCHOOL TO ADULT LIVING

Five workshops on transitioning from School to Adult Living are being offered to students and parents this fall. Each workshop will focus on different post-secondary outcomes identified in the student's Transition Plan. This year's workshops are:

October 5, 2004 Adult Services

October 20, 2004 Montgomery College Night

October 27, 2004 Post Secondary Education

November 18, 2004 Integrated Employment and Vocational Training

December 2, 2004 Independent Living, Community Participation, Continuing and Adult Education

The workshops will be held at Earle B. Wood Middle School, 14615 Bauer Drive, Rockville, MD 20853 and will run from 7:00 p.m.—9:00 p.m. For more information, please contact the Transition Support Teacher at your child's school.

THE PARENT'S PLACE OF MARYLAND ANNOUNCES WORKSHOPS FOR FAMILIES OF CHILDREN WITH SPECIAL NEEDS

The Parent's Place of Maryland provides education, information, technical assistance, and supportive activities for families of children with special needs. Their Fall 2004 workshop series features topics such as Parent's Rights in the Special Education Process, Writing Successful IEP's, Advocating for Your Child, Putting the Positive in Your Child's IEP, and Resolving Conflicts in Special Education. For more information on these free workshops, visit The Parent's Place website at: www.ppmd.org, or call 410-768-9100.

ELDERLY & DISABLED TRANSPORTATION ADVISORY COMMITTEE

Metro's Elderly & Disabled Transportation Advisory Committee was created to address the needs of senior citizens and customers with disabilities. Their efforts have resulted in numerous service upgrades including the addition of between rail car barriers to alert customers who are blind or have visual impairment of the space



between the rail cars as well as gap reducers which make it easier for customers who use wheelchairs to board Metrorail trains. People with disabili-

ties and their advocates are welcome to attend committee meetings. They are held the first Monday of each month from 5:30 to 7:30 p.m. in the lobby level Meeting Room at Metro's Headquarters at 600 Fifth Street NW. Please call 202/962-1100 for more information.

-from www.wmata.com/accessibility/committee.cfm

GOLDEN ACCESS PASSPORTS: FREE FOR PEOPLE WITH DISABILITIES

The Golden Access Passport is a lifetime pass allowing free entrance to all government national parks, national wildlife refugees, U.S. Forest Service sites, and Bureau of Land Management. The pass also offers a 50% discount on Federal Recreation use fees. There is no charge to obtain the passport, however proof of disability is required. For more in-

formation call the National Park Service at 202-619-7222. The passports can be obtained directly from the National Capital Region Headquarters of the National Park Service in the Finance Department. The hours are 7:30 am—3:00 pm and the phone number is 202-619-7289.

A TALE OF TWO BROTHERS

Every story of heartbreak contains signs of triumph, and A Tale of Two Brothers is one of those stories. Debbie Van Brunt and her husband have been married for 26 years and have three beautiful children: 24-year-old Sarah, 19-year-old Jeremy, and 13 year-old Joshua.

Sarah was a typical child. However when Jeremy was born, something was different. At age one, he was diagnosed with cerebral palsy. In addition, Jeremy had other signs indicating that—something else was going on. He cried constantly and avoided eye contact. "I think I focused so much on the physical condition that I missed the signs pointing to autism. It would not have made too much of a difference because I knew nothing about the disorder;" Debbie explained. When—Jeremy turned three, Debbie took the advice of his preschool teacher and took her son to the—Georgetown Child Development Center for an evaluation. When she learned he had autism, she could not believe it was true.

Because of Jeremy's diagnoses, Joshua's pediatrician monitored him closely for any signs of delay. "Joshua was eerily quiet. Unlike Jeremy, Joshua never cried, nor did he coo or babble, or gesture to be picked up," Debbie said. "We knew something was wrong and suspected autism."

Their fears were validated when Joshua, age two at the time, was diagnosed with autism. Along the way, the family learned that both boys fell into a category of 40% of individuals who are diagnosed with autism and have a co-occurrence for another disability. Jeremy has severe mental retardation, in addition to autism and cerebral palsy. Joshua has moderate mental retardation, as well as Obsessive-Compulsive Disorder (OCD) and autism. Both boys are diagnosed with severe pica, an eating disorder defined as a persistent eating of nonnutritive substances.

Accommodations for each boy are different. Jeremy requires assistance through out most of the day and he is unable to take care of his basic needs independently. He displays several loud verbal sounds and a few severe behaviors but overall is a well-natured young man. Joshua has great fine motor skills and attends to his personal care needs fairly independently, but exhibits challenging and severe behaviors. He does run and his OCD limits the family's outings in the community.

The defining moment for the Van Brunt's came when Debbie and her husband realized that they could not provide a safe environment for their children. "One day I was trying to get both boys from the car into the house. Jeremy, who wasn't able to move around as freely as today, had on foot orthotics to keep his muscles and tendons from retracting. He fell down, and couldn't get back up without my help. I automatically let go of Joshua's hand to help Jeremy, and in those few seconds it took for me to get Jeremy back on his feet, Joshua was half a block away. We live a couple of blocks from a grocery store and Joshua had been obsessed with the yogurt containers there. The road in front of the store is a very busy four-lane road, and he has no concept of danger. I ran after him, but couldn't catch-up. Cars were whizzing by and literally a split second before he would have been hit by one, my daughter appeared from nowhere and pulled him back." The decision was made to place Jeremy in a residential facility school where he could receive the help he needed to gain some measure of independence. Joshua remained at home and is receiving services through the Autism Waiver.

Debbie offers two pieces of advice for families in a similar situation: "Resist the urge to blame yourself or beat yourself up when/if your child is not reaching the modest goals you may have set for them. Never let anyone second-guess any decision you make regarding your child. You have an entire lifetime to figure out what they like and to understand their needs, while the professional sitting across the desk from you has had, maybe, five minutes." She continues "The most resilient persons in the world are individuals with autism and their families. With all of their challenges and struggles my boys have faced, I believe they are happy, young men who have something worthwhile to offer the world, and I feel very fortunate to be a part of their lives."

- Special thanks goes to Mrs. Van Brunt and the Autism Society of America for sharing this story. For more information on autism, log onto www. autism-society.org.

ASSISTIVE TECHNOLOGY: SERVICE DOGS

Life with a severe disability can have its adventures, all by itself. Then you add a personal care attendant (PCA) with an attitude, and you have a marriage heading to divorce court. So you try finding an alternative for human assistance, knowing full well there is no real substitution. You heard assistive technology might be the answer, but knowing yourself, you figure you would be calling "Geeks On Call" more times than you do your PCA. So what's next?

A friend starts telling you about service dogs and how they can help people with physical disabilities accomplish daily tasks that would otherwise be fatiguing or even impossible on their own. Plus, they can even be trained to do specific tasks that you find difficult to do. As you are hearing about some of the ways a service dog can help you on a regular basis, you start to wonder, "Could a service dog give me the opportunity to live more on my own? Could a service dog assist me with household tasks like: dressing, transferring, turning off and on light switches, opening doors, picking things up, etc?" You find out they can assist you with these things and you say, "Who needs a human PCA?" After all, dogs are man's best friend, right?

Then you start thinking about things you do outside your home and wonder it a service dog could help you do what you do best, shopping. Your friend quickly tells you that a service dog has the potential to be trained to put money pouches up on counters, retrieve items from service personnel, push electric door and elevator switches, etc. "Again, who needs a full time PCA?"

You start getting intrigued about the possibility of obtaining a service dog and lessening your time with a human PCA. You begin your quest by getting on the internet and doing a search on service dogs. You quickly find out that the old saying, "nothing in life is free", also applies to service dogs. So your brain goes into overdrive trying to come up with a creative way to finance a K-9 PCA. Then, you remember hearing about assistive technology and all the possibilities it offers and you wonder if a service dog would qualify as assistive technology. So you search for the definition of assistive technology and find it in the Assistive Technology Act of 1998 which is pretty broad and open for interpretation. According to the Assistive Technology Act, assistive technology is any item, piece of equipment, or product system, whether acquired commercially, modified or customized, that is used to increase, maintain, or improve the functional capabilities of individuals with disabilities.

In comparing the two definitions, you notice that both are geared to improving the lives of people with disabilities with some form of non human assistance, the one thing you have been dreaming of. You also noticed that the definition of assistive technology doesn't explicitly state that the assistive device has to be electronic or powered by electricity. But it does state that the device can be modified or customized.

Have you ever tried to train a dog? A good trainer and program can help you with this process, you just need to find the program that fits you. So there you are. You have the potential to own some of the best behaved and well trained dogs in the world. You have the advantage of actually getting things done the way you always wanted them done. And, you do not have to take any refuse, well, you might have to find someone to help scoop a little along the way, but that is minimal compared to the 24 hours a day assistance you can get from a canine. The hardest part of the equation is where and when you retire the canine, maybe the only drawback to the whole idea. Do you know of any adaptive device that can give you as many of 12 years of reliable service, happiness, and fulfillment?

-Article written by Gus Estrella who is currently in training with his second service dog. His first dog retired in the Summer of 2004.











EMERGENCY PREPAREDNESS FROM PUBLIC HEALTH: BE READY

What does it mean to "BE READY"? The color-coded alert system is meant to keep the American public informed of the terrorist threat level during any given period, and to help them BE READY in the event of an emergency. The threat level is raised from one color to another around special holidays or events or when the government receives information and intelligence from reliable sources indicating the possibility of an attack in the United States.

GREEN	Low Risk
BLUE	Guarded Risk
YELLOW	Elevated Risk
ORANGE	High Risk
RED	Severe Risk

As the threat level is raised it's important to double check that you and your family are prepared. Is your home stocked with emergency supplies? Have you developed a communication plan with your family so that if an emergency does occur everyone knows how to stay in contact with one another?

Planning for any emergency requires considering scenarios that could disrupt your daily life. Create an emergency preparedness kit for your home. The basic items are water, food, first aid supplies, clothing and bedding, tools, and emergency supplies, including medications. For families with children or adults with disabilities, these kits may include more items such as special medical supplies. See web sites listed below for detailed information.

To BE READY is to talk to your children, sharing information with them and answering questions. Watch the news with them, putting the news stories in balance and avoiding shows that are not age-appropriate. Talking to your kids about what they watch or hear will help them put frightening information into a more reasonable context and calm their fears.

<u>Preparedness is a journey, not a destination</u>. The threat alert level signals us to review and determine how prepared we are. As we work toward BEING READY within our families and communities, we are more able to respond in a controlled and productive way to any emergency.

For more information on Emergency Preparedness, go to www.kidshealth.org or the County website at: www.montgomerycountymd.org

-Article contributed to CSN by Janet Conner in DHHS's Public Health.



NOVEMBER IS NATIONAL CAREGIVER'S MONTH



November is a nationally recognized month that draws attention to the many challenges facing family caregivers. The National Family Caregivers Association (NFCA) is raising awareness about the difficult circumstances family caregivers face each day. Over the last eleven years, the NFCA has worked to bring awareness to the issue by explaining what family caregiving is and what difficulties many families face. The NFCA also works to advocate for stronger public policy to address family caregiving issues, and to increase the community programs that support Family caregivers.

During the month of November, the NFCA encourages those individuals, families, and organizations to take time to thank, support, educate, and celebrate the more that 50 million family caregivers across the country. The NFCA offers some great activities to help with this effort.

For more information about the National Family Caregivers Month, and/ or the National Family Caregivers Association contact NFCA at 10400 Connecticut Avenue, Suite 500, Kensington, MD 20895. The phone number is 301-942-6430 or 800-896-3650. The website is www.nfcacares.org.

A NEW MCPS CALL CENTER

Do you need information about the Montgomery County Public Schools (MCPS)? Do you have questions like:

When does school start?
How do I enroll my child in school?
How do I become a school volunteer?
When will my child receive a report card?
When is the student service learning requirement?



For any questions about MCPS, call the MCPS Call Center at 301-309-MCPS (301-309-6277). The Call Center is available Monday—Friday from 8 am—6 pm. The service is accessible for individuals with disabilities.

SPECIAL EDUCATION RESOURCES FOR PARENTS

If you have a child with special needs, it's important that you be involved in the decisions about your child's school program—After all, you know your child better than anyone! The federal law known as IDEA (the Individuals with Disabilities Education Act) makes it clear that parents are equal members of the educational team that develops a child's special education plan. Keeping up with the complex laws and policies that apply to children with special needs however, is an ongoing challenge for parents and teachers alike. To follow are resources available for parents and caregivers involved in the education process:

PLACES TO CALL

MCPS Parent Information and Training Center (PITC), 301-962-3848. Parent educators at the center can explain the basic laws, the MCPS processes, and options for special education. In addition to phone consultation, PITC staff conduct <u>workshops</u> on a number of topics.

Parents' Place of Maryland, 410-859-5300. The Parent's Place offers information and referrals, a free newsletter, workshops around the State, and a website: www.ppmd.org where, among other things, you can download a booklet called *Special Education Rights ... and Wrongs*, published by the Maryland Disability Law Center (also available in print form for free by calling MDLC at 1-800-233-7201).

Maryland Coalition for Inclusive Education (MCIE), 1-800-899-8837. The Coalition offers phone counseling, training, and advocacy to help ensure that students with special needs are educated in the "least restrictive environment."

The Arc of Montgomery County, 301-984-5792. The Arc offers information and referral as well as many other services to families of children and adults with developmental disabilities.

Montgomery County Special Needs Library, 301-897-2212. The Library is located in the lower level of the Davis Branch Library, 6400 Democracy Blvd., Bethesda (near Montgomery Mall). It has publications and resources of help to families of children with special needs. The library is open 10:00 am to 8:30 pm on Monday and Tuesday, 10:00 am to 5:00 pm Wednesday through Saturday, and closed on Sundays. Books and other items from the Special Needs Library can be requested for pickup at your nearest branch library. (continued...)

WEBSITES TO VISIT

<u>www.mcps.k12.md.us</u> –Montgomery County Public Schools, the starting point for the MCPS Special Education Web pages: Click on <u>Curriculum</u>, then scroll down the list and click on the words <u>Special Education</u> to find program descriptions and more.

<u>www.ldamc.org</u> —The Learning Disabilities Association of Montgomery County has articles and a very extensive calendar of local meetings and workshops

www.ldonline.org —LD OnLine has resources on learning disabilities

<u>www.chadd-mc.org</u> – Children and Adults with Attention-Deficit/Hyperactivity Disorder, Montgomery County.

http://ww

www.arcmontmd.org - The Arc of Montgomery County

www.ppmd.org - The Parents' Place of Maryland

<u>www.nichcy.org</u> —The National Information Center for Children and Youth with Disabilities has many useful publications on special education and disabilities available to download, or call them to receive a free catalog: 1-800-695-0285.

<u>www.ideapractices.org</u> – Information on IDEA (the federal special education law) and strategies for students with special needs.

<u>www.wrightslaw.com</u> – Special education attorneys offer articles and tips on advocating for children with special needs.

www.seriweb.com - Special Education Resources on the Internet has links to many useful sites.

<u>www.mont.lib.md.us</u> – Montgomery County Public Library system has many books and other resources on disabilities and special education.

<u>www.cec.sped.org</u> - Council for Exceptional Children's website. They are the oldest special needs association in the country and offer a variety of resources. They have helpful publications.

groups.yahoo.com – An e-mail discussion list called "MCneeds" exists for parents and other interested people in Montgomery County to discuss special education and related issues. Go to groups. yahoo.com/group/MCNeeds, then follow the subscription procedure to send and receive mail from this list. -information from http://www.us.net/mccpta/specialed

RESPITE CARE CONFERENCE

The Annual Respite Care Conference will be held Monday, October 25, 20045 from 8:00 a.m. to 4:00 p.m. at the Maritime Institute Technology Center in Linthicum Maryland. The theme this year is Life Span Respite: The Fabric of the Community. For more information, contact John Garrett at 1-877-413-3088, extension 1126.

Montgomery County
Department of Health and Human Services
Aging and Disability Services
Community Support Network
401 Hungerford Drive, Second Floor
Rockville, MD 20850



FREE EDUCATIONAL SEMINARS FOR PARENTS AND CAREGIVERS OF INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES

Montgomery County Department of Health and Human Services (MCDHHS) and the Jewish Social Services Agency (JSSA) are pleased to present the next series of seminars for parents and caregivers of individuals with disabilities. This series kicks off the 9th year of seminars. The seminars are free for participants, however registration is required.

The following are just a few of the seminars scheduled this year:

October 12, 2004 6:45 p.m.—9:00 p.m. How to Get from Start to Finish: A Road Map for Your Child

November 9, 2004 6:45 p.m.—9:00 p.m. Developmental Disabilities Administration: State, Regional, and Local Overview

December 14, 2004 6:45 p.m.—9:00 p.m. Respite Care: How to Access and Increase munication Between Families and Providers

The seminar series brochure will be mailed out in September. For more information or to register, please call 240-777-1216 or TTY 240-777-1217. We look forward to seeing you at the seminars.